Select Poetry.

Go Plant a Vine.

READER, go plant a vine!
Why should the virgin soil drink in the sun!
Why should his blossing shine
On the bare earth with maught to rest upon!
Go, plant a vine!

Dig deep the soil;
Let it behold thy morn and evening care;
Bend to thy toil
As though it were glid labor to prepare
To plant a vins.

Perhaps 'twill ching.

Alas! too late, around a withered tree,
And all its fragrance fling
On the ungrateful air full wearily:
Yet plant a vine!

No clusters may
Reward thy labor and thy toil arrayed,
Yet e'en a lamb may stray
In summer heats beneath its broad-leaved shade
Go, plant a vine!

Thou lovest thy fellow-man;
Why tarry longer? for the sun will set.
No philanthropic plan?
Up! up! Oh, hast thou nothing done as yet?
Go, plant a vine!

Hygienic.

How to Sleep.

place should contain pure, sound air.-A sleeping apartment must, consequently, be roomy and high; neither inhabited

stage and produced as the second produced produced as the second produced produced as the second produced produ

For the enjoyment of a sound and is considered how often they remain lahealthful sleep, Huferland gives the foi- tent and undeveloped in the system for lowing directions:

1st. The place where one sleeps must be quiet and obscure. The less our senses are acted upon by external impressions, the more perfectly can the soul rest. One may see from this how improper the custom is of having a candle burning in one's bedchamber during the hight.

2d. People ought always to reflect that their bedchamber is a place in which they pass a great part of their lives; at least, they do not remain in any place so years, and how slight the probabilities they do not remain in any place so with the weaker brethren who are facetious long in the same situation. It is of the on Ham-but as you value health, trans-

There is a certain class of people who dows ought always to be kept open, ex- sincerely believe that they are legitimately happy only when they are tolerably body better fitted for labor. As we adcept in the night time.

3d. One should eat little, and only cold food for supper, and always some hours before going to bed.

4th. When a-bed, one should not lie in a forced or constrained posture, but alma's transgression, has entailed upon him a residence in a world the dark side of the first in excitable persons, becomes an absolute the pulse becomes accelerated, and an almost feverish state is produced, which, in excitable persons, becomes an absolute evening fever. Rest carries off this fevering fever. This defect (if

character, habits, &c., of the jacksas, and wonderful how afraid consumptive people law, politics, morals, or indeed asy sub-jact concarring the human race, he found his labor very much abridged, as by speeding his memorands before him, he could insert them with great facility of application. We are not suce that a similar ingenious plan might not be adopted, with observations on the animal we are considering. The phrase, "swimish much take the collect involved by the collectively, a store that a similar ingenious plan might not be adopted by the collectively, a store that a similar ingenious plan might not be adopted by the collectively, a store that a similar ingenious plan might not be adopted by the collectively, a store that a similar ingenious plan might not be adopted by the collectively, a store that a similar ingenious plan might not be adopted by the collectively, a store that a similar ingenious plan might not be adopted by the collectively, a store that a similar ingenious plan might not be adopted by the collectively, a store that a similar ingenious plan might not be adopted by the collectively, a store that a similar ingenious plan might not be adopted by the collectively, a store that a similar ingenious plan might not be adopted by the collectively, a store that a similar ingenious plan might not be adopted by the collectively, a store that a similar ingenious plan might not be adopted by the collectively, a store that a similar ingenious plan might not be adopted by the collectively, a store that a similar ingenious plan might not be adopted by the collectively, a store that a similar ingenious plan might not be adopted by the collectively, and the store that a store that a

Huferland, in his treatise on sleep, has state, there is manifest the same regular letter was written to one of our citizens, influence; and the more habitual our who has some idea of going to Kausas. utmost importance, therefore, that this place should contain pure, sound air.—

on Ham—but as you value health, transmeals, our hours of exercise and employ. Although he does not speak of the subment, and our hours of sleep, the more ject in this letter, yet Mr. Coates is of power is there in the system to resist dis-

In the morning the pulse is slow and gration :

General Intelligence.

Mr. L. H. GAUSE: DEAR SIR:-Yours

ter it at \$1 25 per acre." trious and intelligent farmer, as I trust in Gen. S. goes on to show that land of God they may be, will yield every variety

ing Kansas, is worth from \$10 to \$15 per acre; and in Platte county, only 15 miles off, it is worth from \$25 to \$50 per acre.

If emigrants pour into Kansas, as it is confidently thought they will, land, in less than five years, will be worth 850 per acre. Besides, the Pacific railroad will unquestionably pass through this Territory, and that, too, very soon. Kanbe relied on. He went to Kansas soon after the Territory was organized. This letter was written to one of our citizens, who has some idea of going to Kansas.— Although he does not speak of the subject in this letter, yet Mr. Coates is of opinion that slavery can be kept out of Kansas only by extensive northern emigration:

Territory, and that, too, very soon. Kansas nor even far-famed Haly itself, is worthy to be compared to the Territory of Kansas.

The summing up of my opinion is simply this: The Creator might have kansas, which they reach in from 3 to 5 days, at a cost of from \$6 to \$10, and found. So that the probable cost from Philadelphia will be \$25 to \$30; and or canyin four 7 to 9 days in the rassesse.

cupyig from 7 to 9 days in the passage. Who will not go to Kansas? L. H. GAUSE. From the Cranford, Pa., Democrat.

the same quality, in Missouri, and join- of products that the necessities of man

A Letter.

The following letter we find in a Bos-

Letter from Kansas. TOPEKA, K. T., Jan. 16, 1855. Mr. Editor:- In my former commu- dated Kansas Territory, Feb. 10, 1855,

An order make the first of the control of the contr

Original Poetry.

For the Herald of Freedom. A Vision of Slavery.

Raised on the wing of vision high Raised on the wing of vision high,
And sailing through the azure sky,
I swiftly passed from shore to shore,
And viewed the several nations o'er.
In oastern climes I marked them well;
I saw that there a dreadful spell
Had seized and holds the nations fast;
They're bound as with an iron grasp;
They tamely own the despot's sway;
Of moral light they've scarce a ray,
But pagan darkness o'er them reigns,
And civil bondage makes their chains.
In Africa 'tis much the same;
For there the Gospel's scarcely known;
There tyrants, too, their scepters wield,
Whilst nations to their mandate yield.
In Europe, true, the scene is changed. In Europe, true, the scene is changed, But still, alas! how sad, how strange! Though there the Gospel sheds its rays, And science all its worth displays. I looked and gazed, but could not see One nation that was strictly free.

I passed the wide Atlantic o'er. And saw upon Columbia's shore A nation free; for, so 'tis said, A nation free; for, so 'tis said,
The United States are free indeed.
I heard them talk of freedom loud—
All seemed of her exceeding proud;
And on their banner streaming high
I saw line, oed fair liberty.
Ah! happy land, thought I, indeed—
All of thy sons from bondage freed;
Each one solves his All of thy sons from bondage freed; Each one enjoys his equal right— How joyous is the happy sight! But while I looked with eagle eyes, And felt true joy within me rise, I saw, and lo! there came in view A herd of what I never knew. Like beasts they were driven right along, And still they walked upright like men;

And still they walked upright like men;
And men they were, no one disputes;
Though yoked and chained and whipped like buttes!
With wender struck, I soon inquired.
What dreadful outrage had transpired;
What heinous crimes have these men done,
That they in chains are drove along!
"No crime at all," was the reply;
"They re slares, which here we sell and buy;
"Itis market day; come, go and see;
This land is free—all new are TRIE!"
With horror struck, and almost dumb,
With tardy pace I followed on, With horror struck, and almost dumb,
With tardy pace I followed on,
Till, lo! I saw the very spot
Where mea-yes, men, are sold and bought
And now the sale—" hush, tell it not—
Hide, hide the foul, disgraceful blot!"
So Shame cries out; but Truth will speak:
The sale went on—I heard a sariek!
A wife and motter felt despair—
Her lands and sold—her child afar;
Bereft of all, she's forced away,
To grean in bondage every day.
But still I thought it all a dream—
Could scarce believe what I had seen:
Such deeds of darkness—deeds of sin—
Can patriots—Christians—do such thing?

But as L scarpad the nation more ton exchange. As it contains matters of But as I scanned the nation more, general interest to our readers we copy it us we find it, without comment. It is

Its scenes and actions to explore, I saw, what no one now disputes, That real men are used like brutes: That real men are used like brutes:
Like beasts, I say; may, worse, far worseWorse fed, worse flayed than or or horse;
Their life, indeed, is not their ownOf liberty and rights they've none.
I saw, and Congress had approved,
That here men should be thus abused;
I turned my head, and blushed, and sighed;
Amazed, astounded, o'erwhelmed, I cried:
Help! help, O Lord! deliverance send
To these poor slaves—their fetters rend!
And if thou caust Thy vengeance stay,
Let not this nation fall a prey.
BROWNVILLE, K. T., March 9, 1855.

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